

Week Beginning
27-Jun-22



Monday Delivery								
Monday Chicken - Rendang		Tuesday Meatballs - Beef, Asian		Wednesday Beef - Mexican				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1172.00 kJ	390.67 kJ	Energy	1655.50 kJ	551.83 kJ	Energy	1552.00 kJ	564.36 kJ
Protein	24.25 g	8.08 g	Protein	28.40 g	9.47 g	Protein	25.93 g	9.43 g
Fat, total	11.65 g	3.88 g	Fat, total	21.60 g	7.20 g	Fat, total	25.20 g	9.16 g
-saturated	3.10 g	1.03 g	-saturated	8.35 g	2.78 g	-saturated	6.50 g	2.36 g
Carbohydrate	17.35 g	5.78 g	Carbohydrate	17.25 g	5.75 g	Carbohydrate	7.65 g	2.78 g
-sugars	10.35 g	3.45 g	-sugars	12.65 g	4.22 g	-sugars	6.35 g	2.31 g
Sodium	805.50 mg	268.50 mg	Sodium	873.00 mg	291.00 mg	Sodium	422.00 mg	153.45 mg
Calories	280.11		Calories	395.67		Calories	370.94	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1632.00 kJ	390.67 kJ	Energy	2548.5 kJ	551.83 kJ	Energy	2159 kJ	564.36 kJ
Protein	38.85 g	8.08 g	Protein	45.3 g	9.47 g	Protein	41.825 g	9.43 g
Fat, total	16.25 g	3.88 g	Fat, total	35.6 g	7.20 g	Fat, total	33.3 g	9.16 g
-saturated	4.70 g	1.03 g	-saturated	13.85 g	2.78 g	-saturated	9.5 g	2.36 g
Carbohydrate	19.75 g	5.78 g	Carbohydrate	21.15 g	5.75 g	Carbohydrate	9.65 g	2.78 g
-sugars	11.75 g	3.45 g	-sugars	14.65 g	4.22 g	-sugars	8.15 g	2.31 g
Sodium	941.50 mg	268.50 mg	Sodium	1187 mg	291.00 mg	Sodium	547 mg	153.45 mg
Calories	390.06		Calories	609.11		Calories	516.01	

THURSDAY DELIVERY											
Thursday Chicken - Country Pie		Friday Beef - Japanese Curry		Saturday Lamb - Apricot Tagine		Sunday Meatloaf - Pork Spnriach					
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	787.00 kJ	314.80 kJ	Energy	1177.50 kJ	471.00 kJ	Energy	1095.50 kJ	438.20 kJ	Energy	1179.50 kJ	393.17 kJ
Protein	17.80 g	7.12 g	Protein	28.40 g	11.36 g	Protein	23.00 g	9.20 g	Protein	24.55 g	8.18 g
Fat, total	6.80 g	2.72 g	Fat, total	11.15 g	4.46 g	Fat, total	14.20 g	5.68 g	Fat, total	12.05 g	4.02 g
-saturated	2.80 g	1.12 g	-saturated	4.70 g	1.88 g	-saturated	5.35 g	2.14 g	-saturated	4.20 g	1.40 g
Carbohydrate	11.05 g	4.42 g	Carbohydrate	14.90 g	5.96 g	Carbohydrate	9.40 g	3.76 g	Carbohydrate	15.40 g	5.13 g
-sugars	6.45 g	2.58 g	-sugars	6.45 g	2.58 g	-sugars	6.15 g	2.46 g	-sugars	12.80 g	4.27 g
Sodium	336.50 mg	134.60 mg	Sodium	434.00 mg	173.60 mg	Sodium	341.00 mg	136.40 mg	Sodium	653.50 mg	217.83 mg
Calories	188.10		Calories	281.43		Calories	261.83		Calories	281.91	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1212 kJ	314.80 kJ	Energy	1774.5 kJ	471.00 kJ	Energy	1686.5 kJ	438.20 kJ	Energy	1773.50 kJ	393.17 kJ
Protein	28.6 g	7.12 g	Protein	46.2 g	11.36 g	Protein	37.2 g	9.20 g	Protein	38.55 g	8.18 g
Fat, total	10.9 g	2.72 g	Fat, total	18.35 g	4.46 g	Fat, total	23.2 g	5.68 g	Fat, total	19.45 g	4.02 g
-saturated	4.6 g	1.12 g	-saturated	7.8 g	1.88 g	-saturated	8.85 g	2.14 g	-saturated	6.90 g	1.40 g
Carbohydrate	15.85 g	4.42 g	Carbohydrate	16.3 g	5.96 g	Carbohydrate	10.4 g	3.76 g	Carbohydrate	19.50 g	5.13 g
-sugars	8.65 g	2.58 g	-sugars	7.75 g	2.58 g	-sugars	7.05 g	2.46 g	-sugars	15.80 g	4.27 g
Sodium	461.5 mg	134.60 mg	Sodium	670 mg	173.60 mg	Sodium	471 mg	136.40 mg	Sodium	1006.50 mg	217.83 mg
Calories	289.67		Calories	424.12		Calories	403.08		Calories	423.88	

* Disclaimer. Our nutritional panels are as accurately calculated as possible however they are still considered approximates so shouldn't be depended upon for calculations which may impact on a persons medical status or wellbeing. Please bear this in mind when using them.

The Panels Below are for the Protein Components Only

Monday Delivery								
Monday Chicken - Rendang		Tuesday Meatballs - Beef, Asian		Wednesday Beef - Mexican				
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	690.00 kJ	460.00 kJ	Energy	1339.50 kJ	893.00 kJ	Energy	910.50 kJ	607.00 kJ
Protein	21.90 g	14.60 g	Protein	25.35 g	16.90 g	Protein	23.85 g	15.90 g
Fat, total	6.90 g	4.60 g	Fat, total	21.00 g	14.00 g	Fat, total	12.15 g	8.10 g
-saturated	2.40 g	1.60 g	-saturated	8.25 g	5.50 g	-saturated	4.50 g	3.00 g
Carbohydrate	3.60 g	2.40 g	Carbohydrate	5.85 g	3.90 g	Carbohydrate	3.00 g	2.00 g
-sugars	2.10 g	1.40 g	-sugars	3.00 g	2.00 g	-sugars	2.70 g	1.80 g
Sodium	204.00 mg	136.00 mg	Sodium	471.00 mg	314.00 mg	Sodium	187.50 mg	125.00 mg
Calories	164.91		Calories	320.15		Calories	217.61	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior				
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g			
Energy	1150.00 kJ	460.00 kJ	Energy	2232.5 kJ	893.00 kJ	Energy	1517.5 kJ	607.00 kJ
Protein	36.50 g	14.60 g	Protein	42.25 g	16.90 g	Protein	39.75 g	15.90 g
Fat, total	11.50 g	4.60 g	Fat, total	35 g	14.00 g	Fat, total	20.25 g	8.10 g
-saturated	4.00 g	1.60 g	-saturated	13.75 g	5.50 g	-saturated	7.5 g	3.00 g
Carbohydrate	6.00 g	2.40 g	Carbohydrate	9.75 g	3.90 g	Carbohydrate	5 g	2.00 g
-sugars	3.50 g	1.40 g	-sugars	5 g	2.00 g	-sugars	4.5 g	1.80 g
Sodium	340.00 mg	136.00 mg	Sodium	785 mg	314.00 mg	Sodium	312.5 mg	125.00 mg
Calories	274.86		Calories	533.58		Calories	362.69	

THURSDAY DELIVERY											
Thursday Chicken - Country Pie		Friday Beef - Japanese Curry		Saturday Lamb - Apricot Tagine		Sunday Meatloaf - Pork Spniach					
Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular		Nutritional Information Regular					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	637.50 kJ	425.00 kJ	Energy	895.50 kJ	597.00 kJ	Energy	886.50 kJ	591.00 kJ	Energy	891.00 kJ	594.00 kJ
Protein	16.20 g	10.80 g	Protein	26.70 g	17.80 g	Protein	21.30 g	14.20 g	Protein	21.00 g	14.00 g
Fat, total	6.15 g	4.10 g	Fat, total	10.80 g	7.20 g	Fat, total	13.50 g	9.00 g	Fat, total	11.10 g	7.40 g
-saturated	2.70 g	1.80 g	-saturated	4.65 g	3.10 g	-saturated	5.25 g	3.50 g	-saturated	4.05 g	2.70 g
Carbohydrate	7.20 g	4.80 g	Carbohydrate	2.10 g	1.40 g	Carbohydrate	1.50 g	1.00 g	Carbohydrate	6.15 g	4.10 g
-sugars	3.30 g	2.20 g	-sugars	1.95 g	1.30 g	-sugars	1.35 g	0.90 g	-sugars	4.50 g	3.00 g
Sodium	187.50 mg	125.00 mg	Sodium	354.00 mg	236.00 mg	Sodium	195.00 mg	130.00 mg	Sodium	529.50 mg	353.00 mg
Calories	152.37		Calories	214.03		Calories	211.88		Calories	212.95	
Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior		Nutritional Information Warrior					
Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g	Average Quantity per Serving	Average Quantity per 100 g				
Energy	1062.5 kJ	425.00 kJ	Energy	1492.5 kJ	597.00 kJ	Energy	1477.5 kJ	591.00 kJ	Energy	1485.00 kJ	594.00 kJ
Protein	27 g	10.80 g	Protein	44.5 g	17.80 g	Protein	35.5 g	14.20 g	Protein	35.00 g	14.00 g
Fat, total	10.25 g	4.10 g	Fat, total	18 g	7.20 g	Fat, total	22.5 g	9.00 g	Fat, total	18.50 g	7.40 g
-saturated	4.5 g	1.80 g	-saturated	7.75 g	3.10 g	-saturated	8.75 g	3.50 g	-saturated	6.75 g	2.70 g
Carbohydrate	12 g	4.80 g	Carbohydrate	3.5 g	1.40 g	Carbohydrate	2.5 g	1.00 g	Carbohydrate	10.25 g	4.10 g
-sugars	5.5 g	2.20 g	-sugars	3.25 g	1.30 g	-sugars	2.25 g	0.90 g	-sugars	7.50 g	3.00 g
Sodium	312.5 mg	125.00 mg	Sodium	590 mg	236.00 mg	Sodium	325 mg	130.00 mg	Sodium	882.50 mg	353.00 mg
Calories	253.94		Calories	356.72		Calories	353.13		Calories	354.92	